



MI ALLIANCE OF TIMEBANKS

Building community, one hour at a time.

2015 Year In Review



The Michigan Alliance of TimeBanks (MATB) is an umbrella organization linking and supporting TimeBanks across the state. We help individuals, organizations, and communities establish and run TimeBanks.



Michigan TimeBanks

- Ann Arbor
- Ferndale
- Grand Rapids
- Lapeer
- Lathrup Village
- Mid-Michigan
- Pontiac SUN TimeBank hosted by Common Ground
- Royal-Oak Huntington Woods
- Unity in Our Community in Southwest Detroit hosted by Bridging Communities, Inc.
- Ypsilanti

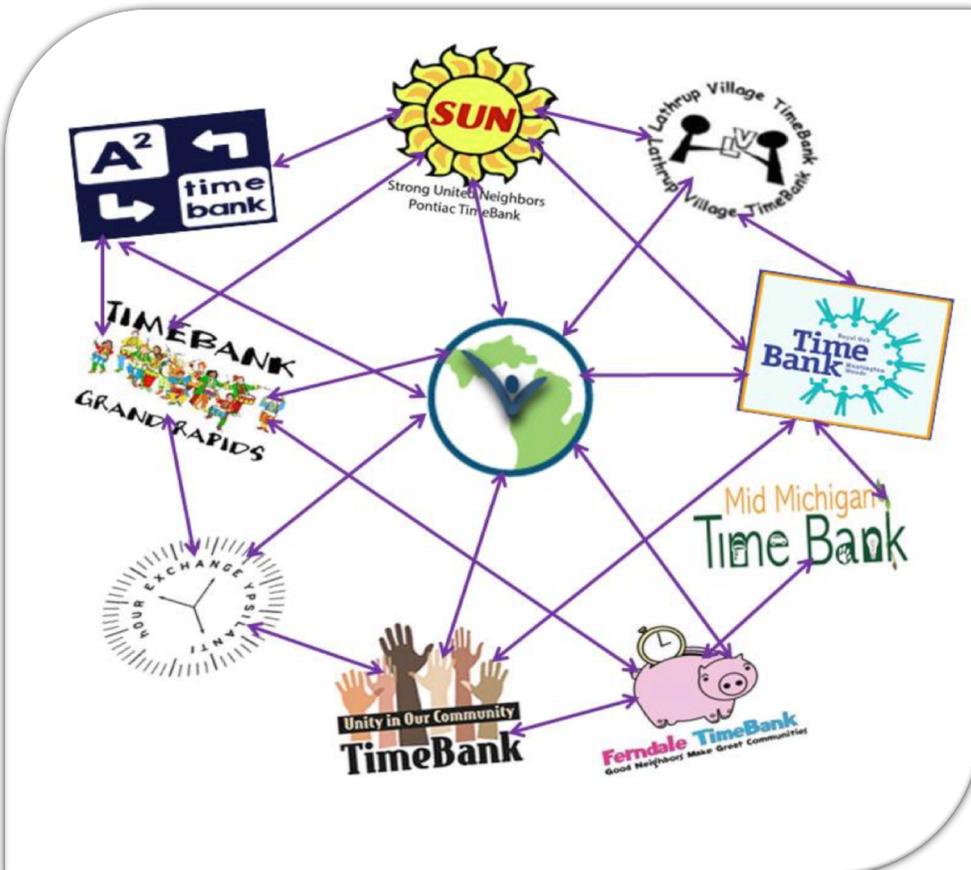


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Our Mission & Letter from the Director

Dear Friend,

As the MI Alliance of TimeBanks, we envision people creating sustainable communities that are attractive, vibrant, healthy places to live because of the strength of neighbors and their ability to fulfill unmet needs with untapped community resources, ultimately adding both intrinsic and monetary value to the communities where they exist.

A sharing economy system, TimeBank members give and receive services in exchange for TimeBank hours, a kind of local currency. All services are equal, so every hour spent on a task is worth one TimeBank hour, and members can redeem one TimeBank hour for one hour of service.

Highlights from 2015:

- Granted \$75,000 from United Way of South Eastern Michigan with Common Ground as a fiscal sponsor for the Pontiac SUN TimeBank.
- Granted \$25,000 from Self Development of People Committee for the Unity in Our Community TimeBank
- Fundraised over \$8,500 at our biannual “Bid to Build Our Communities” auction.
- Established Little Free Library program.
- Accepted the People’s Choice Community Development Award at Unity in Our Community TimeBank from Local Initiative Support Coalition.
- Celebrated 3rd annual Lathrup Summer Stroll, a music, arts and interesting things neighborhood share

In 2016 we are focused on member engagement, health and wellness, and collaboration with our partners. We appreciate your support and look forward to building new partnerships and strengthening old relationships. We hope you will support us in this exciting adventure!

Board of Directors

Carrie Harnish - Secretary
Nancy Chinn - Vice-Chair
Rachel Reyst-Carroll - Treasurer
Jennie Weakley - Vice Chair
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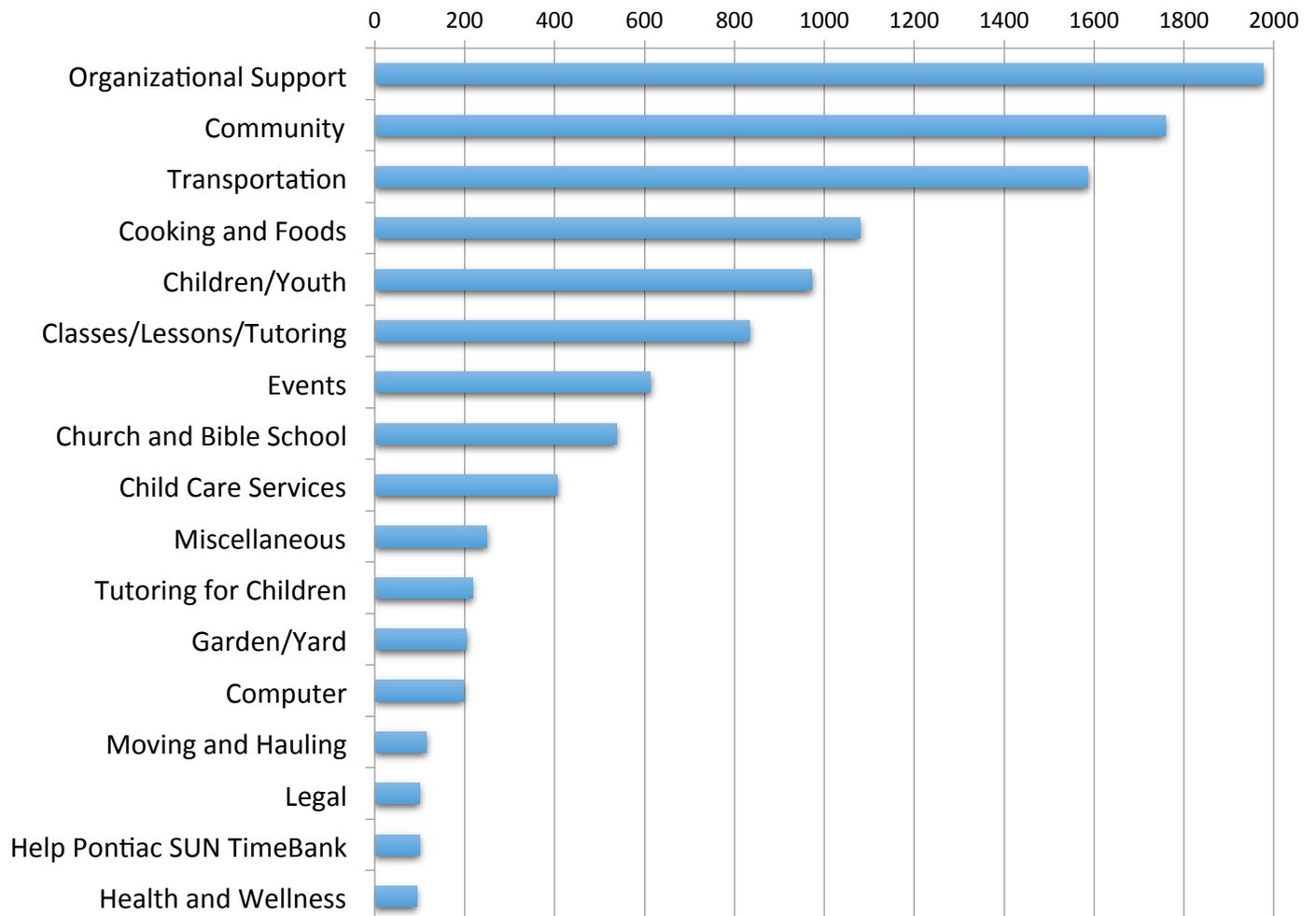


Kim Hodge, Executive
Director
MI Alliance of
TimeBanks
www.mitimebanks.org
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Lathrup Village, MI
48076

TimeBanks exist to promote exchanges that honor five core values:

Assets - Redefining Work – Reciprocity - Social Networks - Respect

2015 Top Hours Exchanged By Category



*As reflected in H0urWorld database and specific to Pontiac SUN TimeBank only. Defined “Top Hours” as those whose categories contained more than 90 hours of exchanges.



Member Testimonial

“I let **Diane** (SUN’s Broker Coordinator) know that I have back problems and because of the pain, it’s hard for me to do a lot of needed housework. Diane made the connection for me and she did a great job. I learned that she lives very close to where I live so now I have a new neighbor that I would not have known had it not been for the **Pontiac SUN Timebank.**” -Lela Flowers. (Pictured: **Shani Foster**)



Members show off their new reusable bag after a Gleaners Cooking Matters Class (left).

Catch us celebrating human-powered transportation at Ferndale's Annual Green Cruise (below).



Who doesn't like a good massage? **Tabitha Cieslak** (above) provides mini-massages while sharing health and wellness tips.

Shot of Wheatgrass Anyone?

SUN members are introduced to the nutritional value and healing properties of wheatgrass.

Afterward, members raise their glasses to solidify their commitments to promoting and sustaining a healthier lifestyle.



Gleaners teaches about healthy food choices (right). These delicious and colorful wraps were a favorite of our members.



Saving money and eating are two of our favorite things to do! During a canning class, members learn convenient and cost-effective ways to serve fresh food year round (above).



The key to **WELLNESS** is to accept personal responsibility for your health & wellbeing.



Too busy to cook healthy meals? No problem! These members learned how to make easy, appealing and healthy recipes in a crockpot (above).

Walk & Talk

“I have lost nearly 45 pounds!” exclaims **Johnnette Washington** (front row, middle). She credits a big part of her incredible transformation to participating in our weekly walk and talks. “I feel like my quality of life has improved so much. I wake up every morning with energy, passion and purpose. I have never felt so healthy, active and engaged.”



Bottoms up! Members rehydrate with their new water bottles donated by Genysis Credit Union after a satisfying Walk & Talk.

Health & Wellness

Lathrup Village members (below) use the power of reciprocity to spread mulch.



Students from OCC Highland Lakes helped **Donald** clean up his yard (above).

Members of **Unity in Our Community** give an enthusiastic “thumbs up” to signal another successful garden clean up collaboration (right).



Youth gravitate to local law enforcement during the **Mattie** Park Dedication Ceremony (left).



Joe celebrates his 50/50 raffle win with a celebratory hug from **Nancy**.

Second Annual Bid To Build Our Community Auction

Members and community stakeholders came in droves to support this wonderful fundraising event.

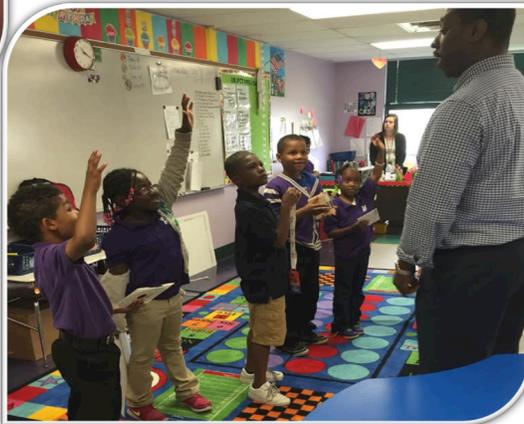
Each participating local TimeBank raised over \$850 dollars.

Youth Engagement



Members from **Royal Oak/Huntington Woods** pose with scarves they made for the American Indian Health Clinic (left).

Cheery faces of students participating in Webber Media Art Academy's Career Day (right).



SUN members of all ages (left) show off their dance moves during an "Oldies but Goodies" party at Lighthouse of Oakland County.

Summer Stroll

Musicians and artists performed while people from all over gathered to enjoy a culturally-rich display of dance and music. **Lathrup Village TimeBank** hosted many talented acts at the 3rd Annual Lathrup Summer Stroll.





SUN members enjoy the scenery while heading to the Detroit Institute of Arts (left).



The benefits of both giving and receiving are quite evident in Jo's jewelry making class (above).



Retired educator **Maria** exchanged her skills as an MC and tutor for help with her flowerbeds. As usual, members showed up well equipped, organized and ready to work (left).

Christmas In July

The Oakland Woods choir performs a rousing rendition of "Here Comes Santa Claus" at a Christmas in July party. As a complement to the monthly Senior Luncheons held at Lighthouse of Oakland County, **SUN TimeBank**, Oakland Woods (Senior Living) and Lighthouse joined forces to make this a truly special event.



Partnerships

Project collaborators **Pontiac SUN TimeBank** and Community Housing Network install a “Little Free Library” (right).



21st Century Digital Learning Environment and Pontiac School officials discuss how to introduce TimeBanking and Design Thinking into their curricula (left).



Ready, set, roll! Members gather in anticipation of **Lathrup Village's** 1st Annual Spring Roll (right).



American Cycle and Fitness exchanged bikes for TimeBank hours with **Pontiac SUN TimeBank** members (left).



Become the Solution!

Additional funding will permit Michigan Alliance of TimeBanks to move quickly to build a strong network, bringing immediate benefits to residents of Michigan.

Donations are needed to assist with outreach, supplies, training programs, website design, staffing, etc.

Please make your tax deductible donation by visiting mitimebanks.org/donate or send a check by mail to:

**MI Alliance of TimeBanks
27580 California Dr. SE
Lathrup Village, MI 48076**

THANK YOU to our donors

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This document was created by Wayne State University's MSW Candidate, Sara Daniels